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ABSTRACT

This brochure for parents, in English- and Spanish-language versions, provides facts about infants' brains and offers suggestions for parents to help their baby's development by providing experiences to stimulate neural development. The facts are: (1) a baby's brain needs many different experiences to be nourished, such as being talked or sung to and experiencing eye contact; (2) babies brains come with over 100 billion neurons which need to connect for the baby to have basic skills such as thinking, seeing, hearing, and moving; (3) the brain allows the baby to feel emotions and respond to situations, but much depends on how parents and others take care of him or her; (4) if a baby does not have lots of love and interesting things to do, he or she can lose some of the connections in the brain; (5) babies' brains grow better when people around them, especially their families, show them love; and (6) a baby's safety and health are also important, and require nourishing food, regular health care, a safe home, and a car seat. (HTH)

**Basics about Babies' Brain Development=
Los basics del desarrollo del cerebro**

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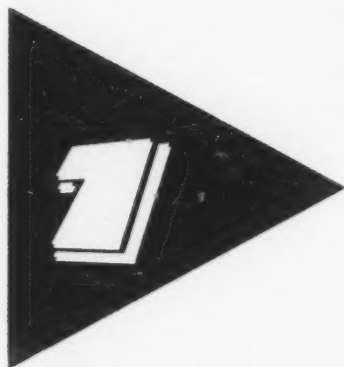
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Basics About Babies' Brain Development

Adapted from materials from the "I Am Your Child" Foundation

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Everyday loving moments with your child **help** to grow a healthy brain. Your baby's body needs food to grow, and your baby's brain needs many different experiences to be nourished.

- ☺ Talk to your baby while you change his diaper.
- ☺ Make eye contact when you feed him.
- ☺ Sing him to sleep.

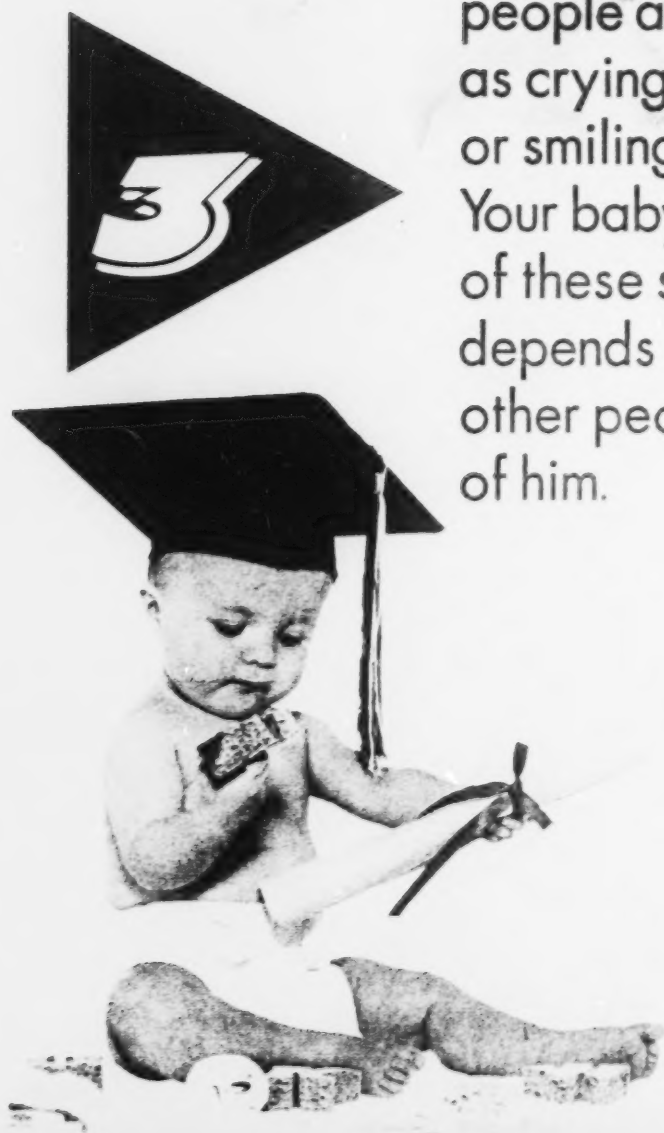
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Your baby's brain wasn't "finished" when she was born. Over 100 billion nerve cells called *neurons* were in your baby's brain at birth. Those neurons need to connect, or wire, with each other so your baby has basic skills such as thinking, seeing, hearing, and moving. As she grows, so does her brain.

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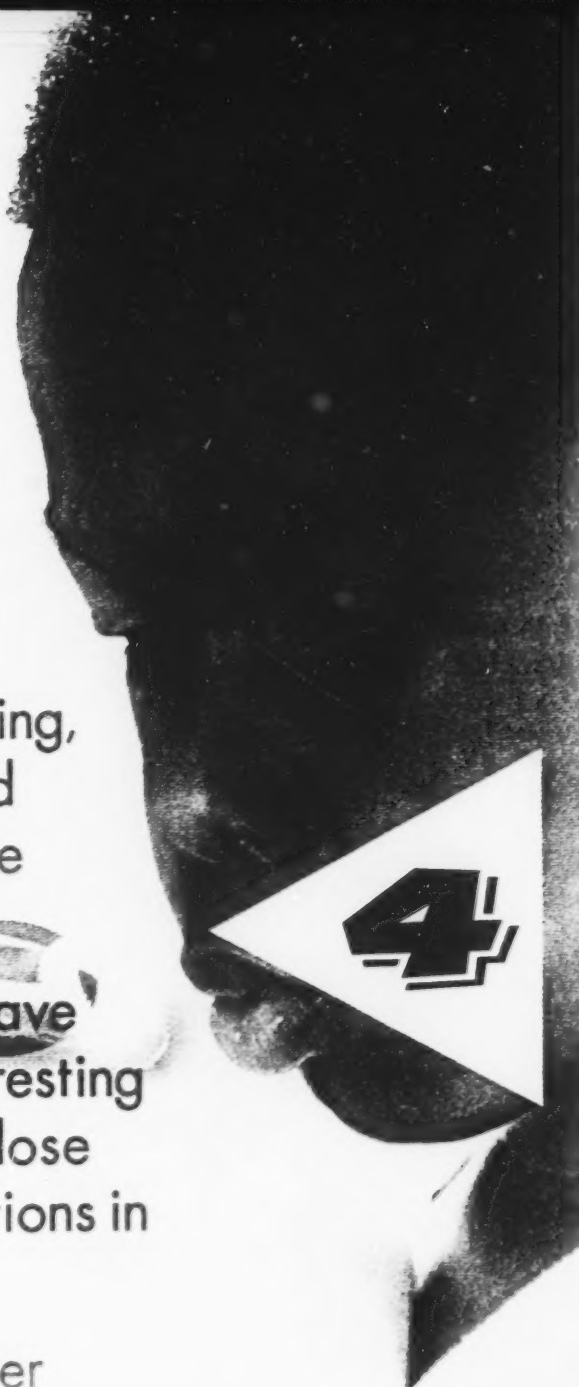


The brain lets your baby feel emotions and respond to people and situations such as crying when he is hungry or smiling when he sees you. Your baby is born with some of these skills, but much depends on how you and other people take care of him.

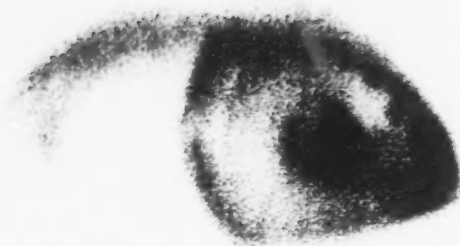


Brain Basics

- ☺ The outside world shapes how the brain cells (neurons) connect.
- ☺ Your baby uses her senses (seeing, hearing, tasting, smelling, and touching) to make the connections strong.
- ☺ If a baby does not have lots of love and interesting things to do, he can lose some of the connections in his brain.
- ☺ Relationships with her family and friends help your baby's feelings and social part of her brain grow or develop.



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Families are important.
Babies' brains grow better
when people around them
show them love. Your baby
needs you and others to hold
him and talk to him often.



Your baby's safety and health
are important, too. He needs

- ☺ Good, healthy food
- ☺ Regular checkups at the
doctor
- ☺ Shots on time
- ☺ A safe home
- ☺ A car seat safely
buckled in the
back seat





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Los básicos del desarrollo del cerebro

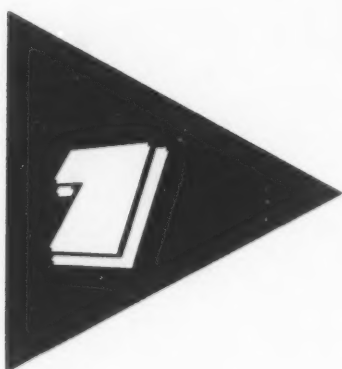
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Momentos llenos de cariño con su bebé diariamente le ayudan a desarrollar un cerebro saludable. El cuerpo de su bebé necesita comida para crecer, y también su cerebro necesita muchas experiencias diferentes para crecer.

- ☺ Háblele a su bebé cuando le esté cambiando su pañal.
- ☺ Mantenga contacto con sus ojos cuando le este alimentando.
- ☺ Cante para ayudarle dormir.



El cerebro de su bebé no estaba totalmente formado cuando nació. Más de 100 billones células de nervios, llamadas *neuronas*, estaban en el cerebro de su bebé al nacer. Esas neuronas necesitan unirse o conectarse para que su bebé tenga las habilidades básicas como pensar, ver, oír y moverse. Al mismo tiempo que su bebé crece, también crece su cerebro.

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El cerebro le permite sentir emociones y responder a personas y situaciones, como llorar cuando está hambriento o sonreír cuando le ve a usted. Su bebé nació con algunas de estas habilidades, pero mucho depende de cómo usted y otras personas en su vida cuidan de él.



Los básicos del cerebro

- ☺ El mundo que nos rodea forma cómo las células del cerebro (neuronas) se conectan.
- ☺ Su bebé usa sus sentidos (vista, oído, gusto, olfato y tacto) para formar unas conexiones fuertes.
- ☺ Si un bebé no recibe mucho cariño ó cosas interesantes que hacer, puede perder algunas conexiones en su cerebro.
- ☺ Las relaciones con su familia y amigos pueden ayudar la parte emocional y social del cerebro de su bebé a crecer o desarrollar.



Las familias son importantes.
El cerebro de los bebés
crece mejor cuando hay
gente que les rodean y les
muestran su amor. Su bebé
necesita que usted y otros le
abracen y le hablen mucho
cada día.



La seguridad y salud de su
bebé son importantes
también. Ellos necesitan:

- ☺ Comida buena y nutritiva
- ☺ Exámenes por el doctor
con regularidad
- ☺ Sus vacunas a tiempo
- ☺ Un hogar seguro
- ☺ Un asiento de niños,
con cinturón de
seguridad, en el
asiento de atrás
del vehículo





Este folleto ha sido adaptado directamente de
"I Am Your Child." Para ver el texto completo,
busque en su webside www.iamyourchild.org

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*Abolviendo el Aprendizaje a la Carta,
de la Lengua y Desarrollo*